



Achieving Wellness ... ?

Wellness is being mindful of the consequences of what we are thinking and doing now. Peter Trask

What is "right" with you holds the keys for regaining control of your life and growing beyond your problems. Jon Kabat-Zin

Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Goethe.

What is to give light must first endure burning. Victor Frankel.

Between stimulus and response there is a space. In that space our freedom exists. Victor Frankel.

I have experienced some terrible things in my life, some of which actually happened. Mark Twain.